



ENERGY

itp
CAMP

14 week course notes:
[fddrsn.net/teaching/
energy](http://fddrsn.net/teaching/energy)



“Energy is the only universal currency.”

—Vaclav Smil

**“Energy is a very subtle concept... very, very difficult to get right...
we have no knowledge of what energy is.”**

—Richard Feynman



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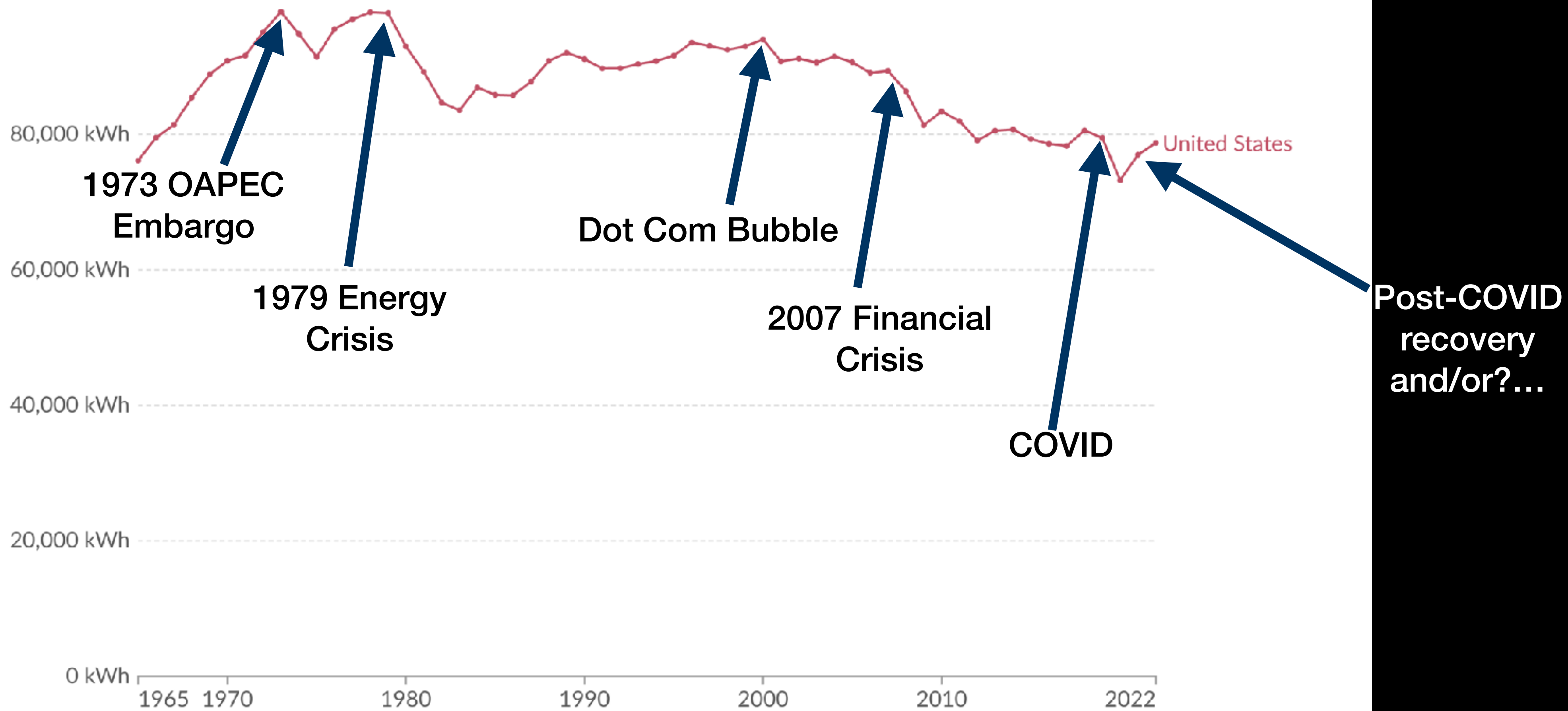
Everything about energy is changing really fast, right now!

—Me!

Energy use per person

Our World
in Data

Measured in kilowatt-hours¹ per person. Here, energy refers to primary energy² using the substitution method³.



Data source: U.S. Energy Information Administration (2023); Energy Institute - Statistical Review of World Energy (2023); Population based on various sources (2023)
OurWorldInData.org/energy | CC BY

1. **Watt-hour:** A watt-hour is the energy delivered by one watt of power for one hour. Since one watt is equivalent to one joule per second, a watt-hour is equivalent to 3600 joules of energy. Metric prefixes are used for multiples of the unit, usually: - kilowatt-hours (kWh), or a thousand watt-hours. - Megawatt-hours (MWh), or a million watt-hours. - Gigawatt-hours (GWh), or a billion watt-hours. - Terawatt-hours (TWh), or a trillion watt-hours.

2. **Primary energy:** Primary energy is the energy available as resources – such as the fuels burnt in power plants – before it has been transformed. This relates to the coal before it has been burned, the uranium, or the barrels of oil. Primary energy includes energy that the end user needs, in the form of electricity, transport and heating, plus inefficiencies and energy that is lost when raw resources are transformed into a usable form. You can read more on the different ways of measuring energy in our article.

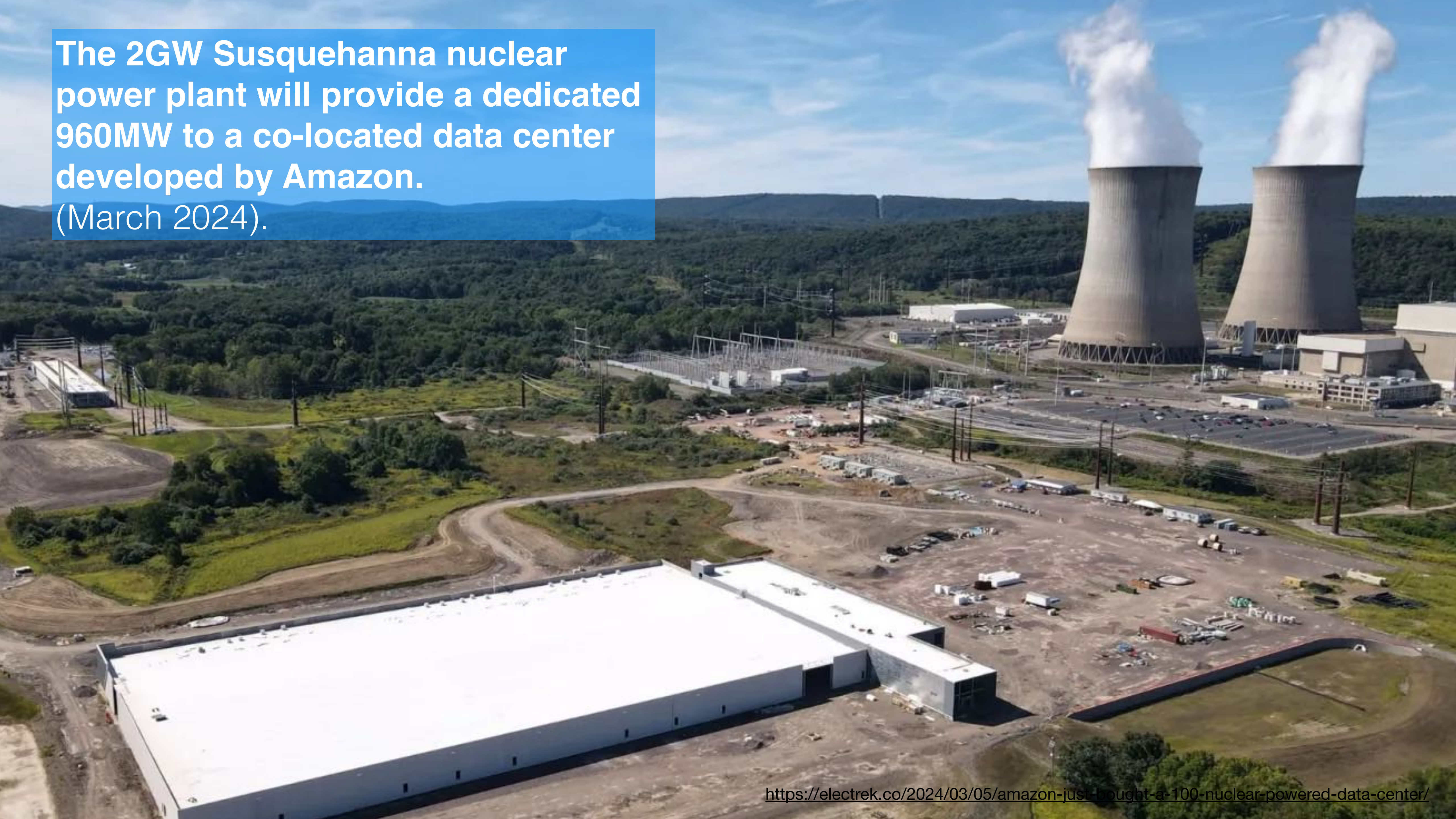
3. **Substitution method:** The 'substitution method' is used by researchers to correct primary energy consumption for efficiency losses experienced by fossil fuels. It tries to adjust non-fossil energy sources to the inputs that would be needed if it was generated from fossil fuels. It assumes that wind and solar electricity is as inefficient as coal or gas. To do this, energy generation from non-fossil sources are divided by a standard 'thermal efficiency factor' – typically around 0.4. Nuclear power is also adjusted despite it also experiencing thermal losses in a power plant. Since it's reported in terms of electricity output, we need to do this adjustment to calculate its equivalent input value. You can read more about this adjustment in our article.

ELECTRIFY
EVERYTHING
DECARBONIZE
ELECTRIC



The screenshot shows a web browser window with the URL <https://www.vox.com/2016/9/19/12938086/electrify-everything>. The page features the Vox logo and a navigation menu with items like CORONAVIRUS, OPEN SOURCED, RECODE, THE GOODS, FUTURE PERFECT, and THE HIGHLIGHT. The main headline is "The key to tackling climate change: electrify everything" by David Roberts, updated on Oct 27, 2017. Below the headline is a large image of blue lightning bolts striking a dark background. The text below the image reads: "Tackling climate change is a complicated undertaking, to say the least. But here's a good rule of thumb for how to get started: Electrify everything. Replace technologies that still run on combustion, like gasoline vehicles and natural gas heating".

The 2GW Susquehanna nuclear power plant will provide a dedicated 960MW to a co-located data center developed by Amazon. (March 2024).



itp
CAMP

Camp goals:

- **Gain a better understanding of the concepts “energy” and “power”**
- **Learn and use their units**
- **Perform basic energy calculations**
- **Apply those concepts to real-life**

Definitions (from Oxford Dictionary of Physics):

Energy

A measure of a system's ability to do work. Like work itself, it is measured in joules. Energy is

conveniently classified into two forms: potential energy is the energy stored in a body or system as a consequence of its position, shape, or state (this includes gravitational energy, electrical energy, nuclear energy, and chemical energy); kinetic energy is energy of motion and is usually defined as the work that will be done by the body possessing the energy when it is brought to rest. For a body of mass m having a speed v , the kinetic energy is $mv^2/2$ (classical) or $(m-m_0)c^2$ (relativistic). The rotational kinetic energy of a body having an angular velocity ω is $I\omega^2/2$, where I is its moment of inertia.

The internal energy of a body is the sum of the potential energy and the kinetic energy of its component atoms and molecules.

It is a fundamental feature of physics that energy is always conserved in any process. It has occasionally been suggested in various contexts that energy is not conserved, but these suggestions have always turned out to be incorrect.

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Work

The work done by a force acting on a body is **the product of the force and the distance**

moved by its point of application in the direction of the force. If a force F acts in such a way that the displacement s is in a direction that makes an angle θ with the direction of the force, the work done is given by: $W=F \cdot s \cos\theta$. Work is the scalar product of the force and displacement vectors. It is measured in joules.

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Joule = the SI* unit for Energy

*from French *Système international d'unités*

Activity: What did you eat today?

Activity: What did you eat today?

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	Vitamin C 3%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

US

营养成分表

项目	每100ml	NRV%
能量	284kJ	3%
蛋白质	3.1g	5%
脂肪	3.7g	6%
碳水化合物	4.8g	2%
钠	62mg	3%
钙	100mg	13%

China

Nutrition Information	
	Per 100 g
Energy	485 kJ / 117 kcal
Fat	8 g
Of which Saturates	3,7 g
Carbohydrate	9 g
Of which Sugars	8 g
Protein	1,4 g
Salt	0,02 g
Vitamin C	14,81 mg 19% RI*

Salt content is exclusively due to the presence of naturally occurring sodium.

*Reference intake of an average adult (8 400 kJ / 2 000 kcal)

INGREDIENTS: Mandarin Oranges (37.9%), Light Whipping Cream (Milk), Pears (12.4%), Peaches (7.7%), Thompson Seedless Grapes (7.6%), Apple (7.5%), Banana (5.9%), English Walnuts (Tree Nuts)

EU

Try this: Use Google calculator, Wolfram, ChatGPT etc to convert energy units

The image shows a browser window with the Google search results for "250 Calories in joules". The search bar at the top contains the text "250 Calories in joules". Below the search bar, there are navigation tabs for "All", "Images", "Shopping", "Videos", "News", and "More", along with a "Tools" link. The main content area features a conversion calculator for energy. It shows "Energy" as the category, with "250" entered in the "Kilocalorie" field and "1.046e+6" in the "Joule" field. Below the calculator, a "Formula" box states "multiply the energy value by 4184". At the bottom of the calculator section, there are links for "More info" and "Feedback". Below the calculator, there is a section titled "People also ask" with four questions, each followed by a downward arrow icon: "How much energy is 250 calories?", "What is 1 joule equal to in calories?", "What is the value of 259 calories in joules J?", and "What does 250 kcal mean?". At the bottom right of this section, there is a "Feedback" link.

250 Calories in joules

All Images Shopping Videos News More Tools

Energy

250 = 1.046e+6

Kilocalorie Joule

Formula multiply the energy value by 4184

More info Feedback

People also ask :

How much energy is 250 calories?

What is 1 joule equal to in calories?

What is the value of 259 calories in joules J?

What does 250 kcal mean?

Feedback

250 Calories in joules

Energy

250 = 1.046e+6

Kilocalorie Joule

Formula multiply the energy value by 4184

More info Feedback

People also ask :

How much energy is 250 calories?

What is 1 joule equal to in calories?

250 calories in joules

Energy

250 = 1046

Gram calorie Joule

Formula multiply the energy value by 4.184

More info Feedback

People also ask :

How much energy is 250 calories?

What is 1 joule equal to in calories?

What is the value of 259 calories in joules J?



Look and Look Again

Can you spot the differences?

https://www.rapidtables.com/energy/Calorie_to_Joule

Activity: What did you eat today?

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Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
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Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	Vitamin C 3%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Note the term “daily” introduces a *time period*

Activity: Calculate human power.

Activity: Calculate human power.

Try this: Using the same tools, divide an energy unit by a time unit. What do you get?

The screenshot shows a Google search for "2000 Calories / 1 day". The search bar contains the text "2000 Calories / 1 day". Below the search bar, there are several filter buttons: "To lose weight", "Female", "Woman", "Diet breakdown", "Free printable", "Muscle gain", and "M". The search results display a calculator result: $(2000 \text{ kilocalories}) / (1 \text{ day}) = 96.8518519 \text{ watts}$. Below the result is a "Feedback" link. Underneath, there is a section titled "People also ask" with four questions, each with a dropdown arrow: "Is 2000 calories a lot for one day?", "How many calories can I eat if I only eat once a day?", "Is it unhealthy to eat less than 2000 calories a day?", and "Is eating a lot of calories at once bad?". At the bottom, there is a "Feedback" link and a snippet from "EatingWell".

Joule = the SI unit for Energy

Watt = the SI unit for Power (J/s)

A Watt is a *RATE* (this is weird - the “per” is built in)

An electrical watt (Volts * Amps) is the same watt (the units work out!)

1 Volt * 1 Amp



1 Watt
Rate



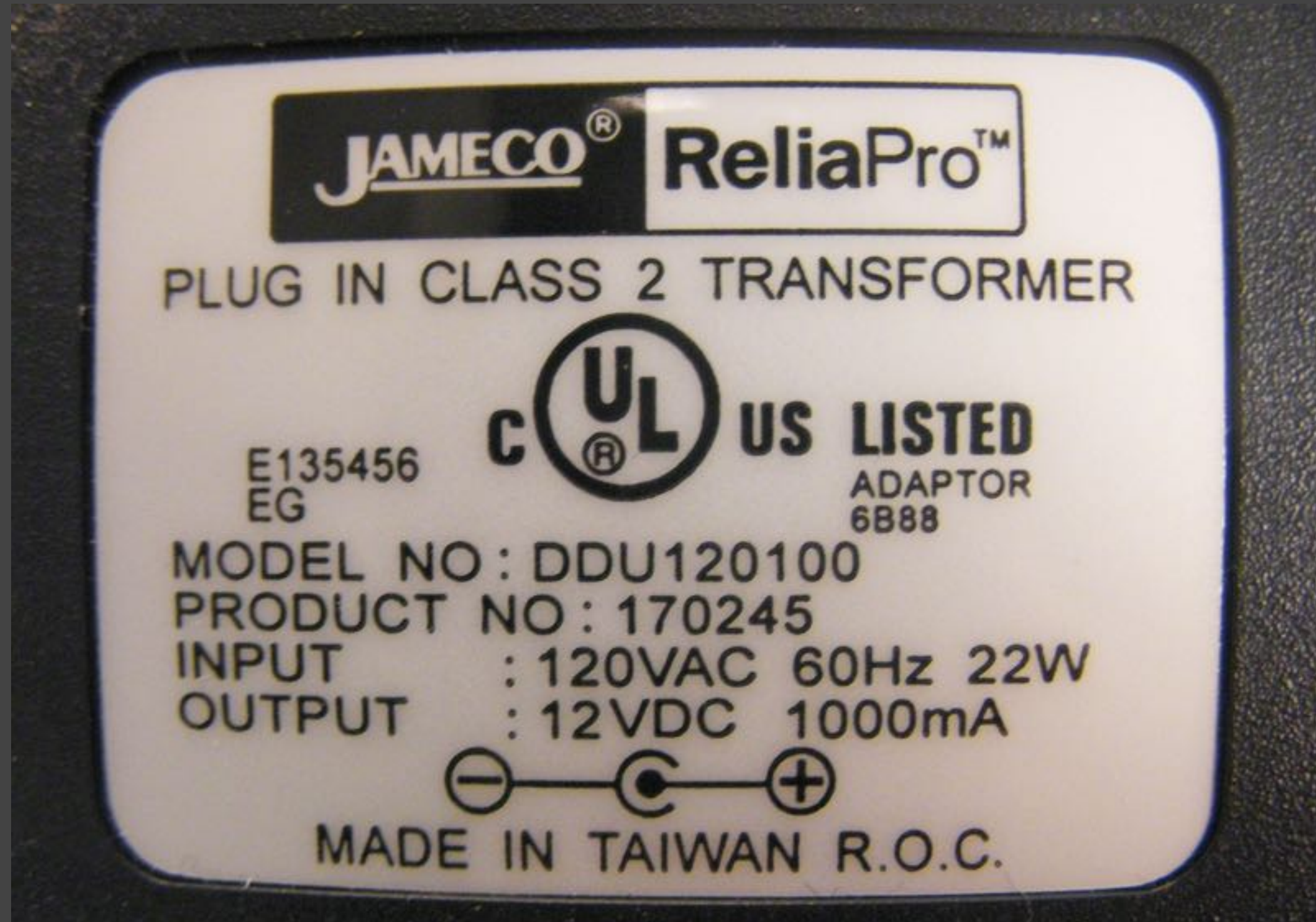
1 Joule / second
SI Energy Unit! Time

What this means: We have a way to measure things with our multimeters that share units with every energy phenomenon in the universe



Activity: Energy scavenger hunt.

Activity: Energy scavenger hunt.



1. Take a picture of the power label on any electrical equipment at ITP.
2. Note its input power rating in watts. (If it only has volts and current, note that)
3. Imagine how the item is used. Is it on constantly all day every day? Is it used intermittently? Do you think it has various power level? Make reasonable guesses here.
4. Report back here with your data and estimates.

Joule = the SI unit for Energy

Watt = the SI unit for Power (J/s)

• **Power = Energy/Time, and**

• **Energy = Power x Time**

The **watt-hour** is another unit for Energy, more common than joule in many applications (e.g. your power bill).

iotawatt Graph+ Not Secure iotawatt.local/graph2.htm Finish update

Units
 Volts **Watts** Wh Amps VA
 PF Hz VAR VARh

Source

- MainBlack
- MainRed
- Sub100ABlack
- Sub100ARed
- Solar1
- GarageB
- GarageR
- AirHandlerB
- AirHandlerR
- Kitchen20AA
- Kitchen20AB
- AdditionTotal
- HouseTotalLoad
- Sub100ATotal

Saved Graphs:
 Overview

Graph name:
 Overview

Delete Save Reset

iotawatt Graph+

last 48 hours Group: auto (5m)

Start: Jun 4, 2024 11:14 am End: Jun 6, 2024 11:14 am

Refresh Hide Legend

CSV data Yaxes Statistics Options

Source	Color	Line/Bar	Fill	Stack	Accrue	Decimals	Scale
↓ Watts:HouseTotalLoad	Black	Line	<input checked="" type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:Solar1	Yellow	Line	<input checked="" type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:AdditionTotal	Blue	Line	<input type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:Kitchen20AB	Green	Line	<input type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:Kitchen20AA	Red	Line	<input type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:AirHandlerR	Orange	Line	<input type="checkbox"/>	<input type="checkbox"/>		1	1
↑↓ Watts:AirHandlerB	Purple	Line	<input type="checkbox"/>	<input type="checkbox"/>		1	1

Units

Volts **Watts** Wh Amps VA

PF Hz VAR VARh

Source

- MainBlack
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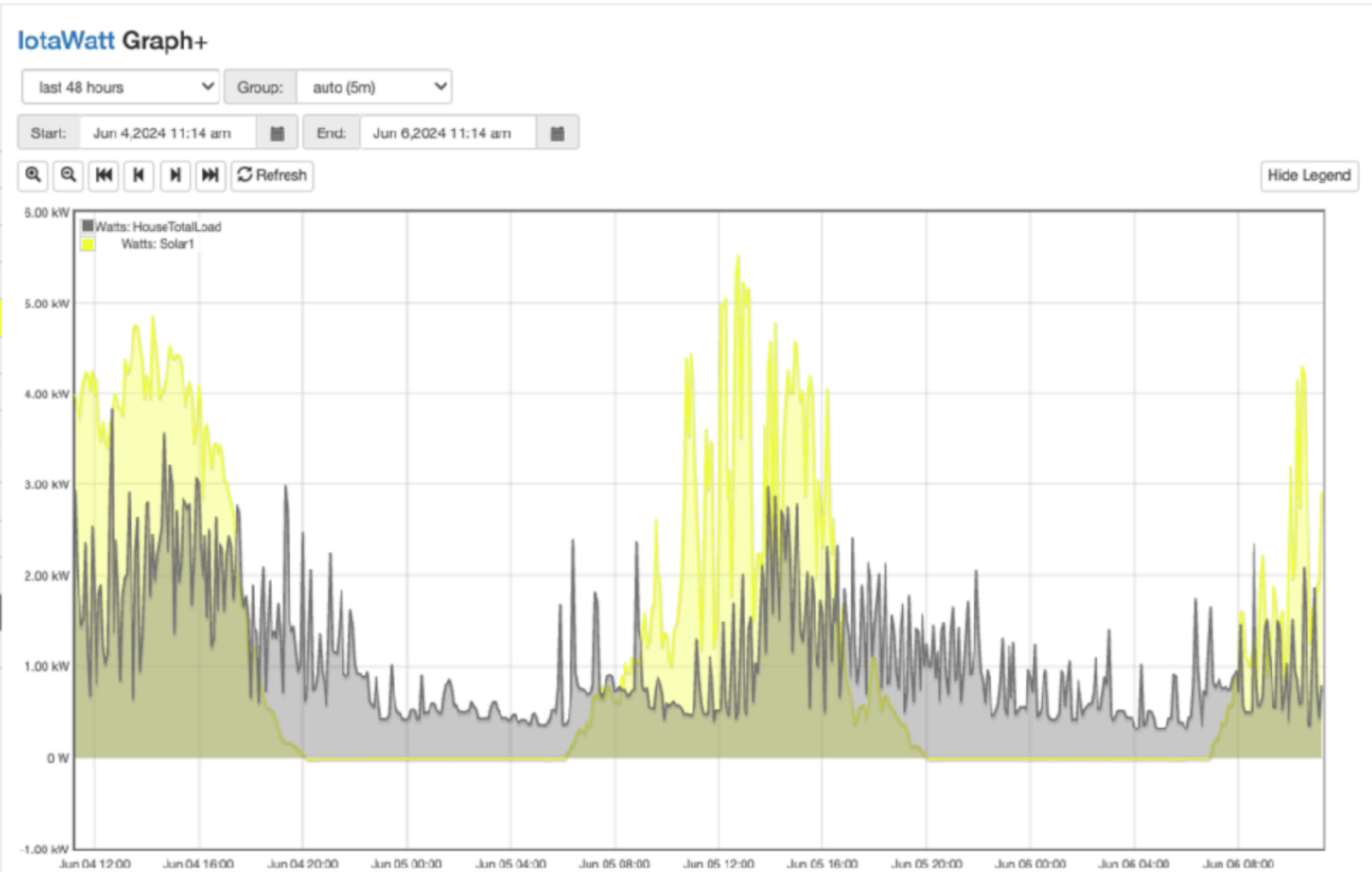
Saved Graphs:

Overview

Graph name:

Overview

Delete **Save** **Reset**



CSV data | Yaxes | **Statistics** | Options

Source	Quality	Min	Max	Diff	Average	Sum/Integral
Watts:HouseTotalLoad	100% (576/576)	317.4	3836.4	3519.0	1.08 kW	52.0 kWh
Watts:Solar1	100% (576/576)	-9.4	5517.4	5526.8	1.23 kW	58.9 kWh

Conclusions:

- Energy (joule or watt-hour) is important, but surprisingly tricky to pin down in everyday terms.
- Power (watt) is the rate of energy conversion (*informally: "consumption"*).
- Power is more familiar from every day life, especially electronics.
- Power = Energy/Time, and
- Energy = Power x Time



18TW

Source: EIA Total World Primary Energy Production
~550 Quadrillion BTUs / 1 year = 1.8×10^{13} Watts

TW GW MW kW W
18,000,000,000,000,000

(1.21 GW)

18 TW



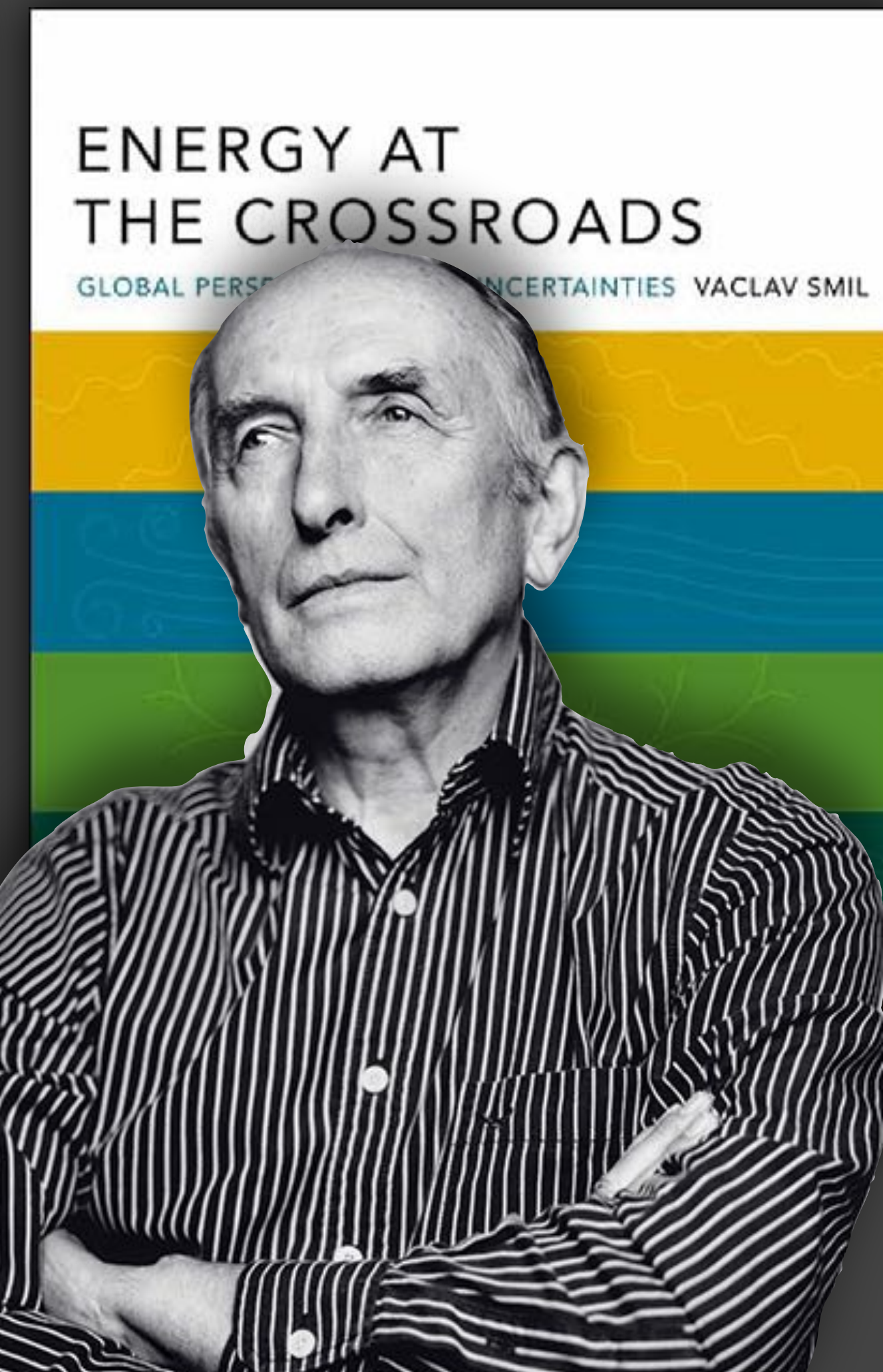
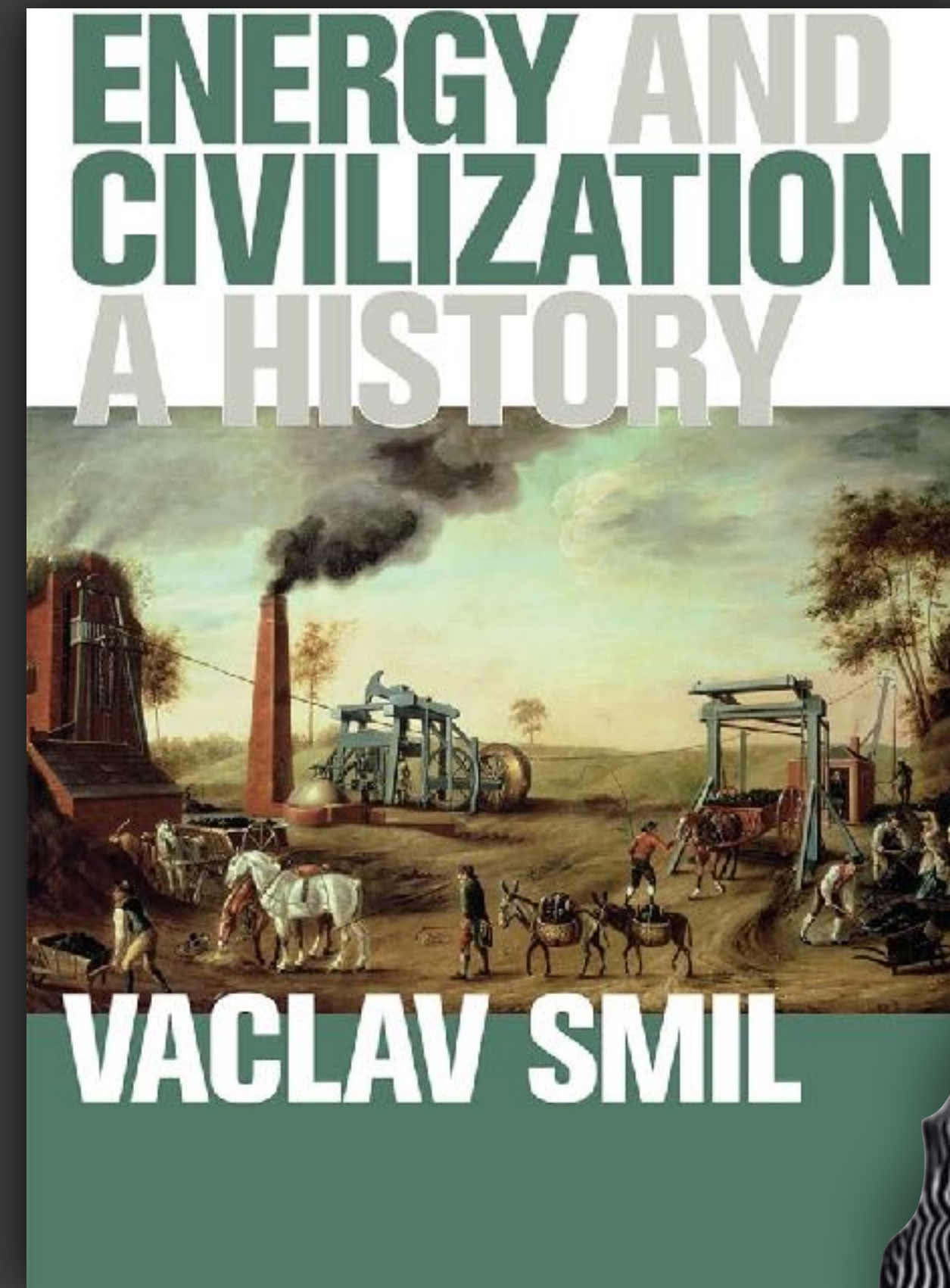
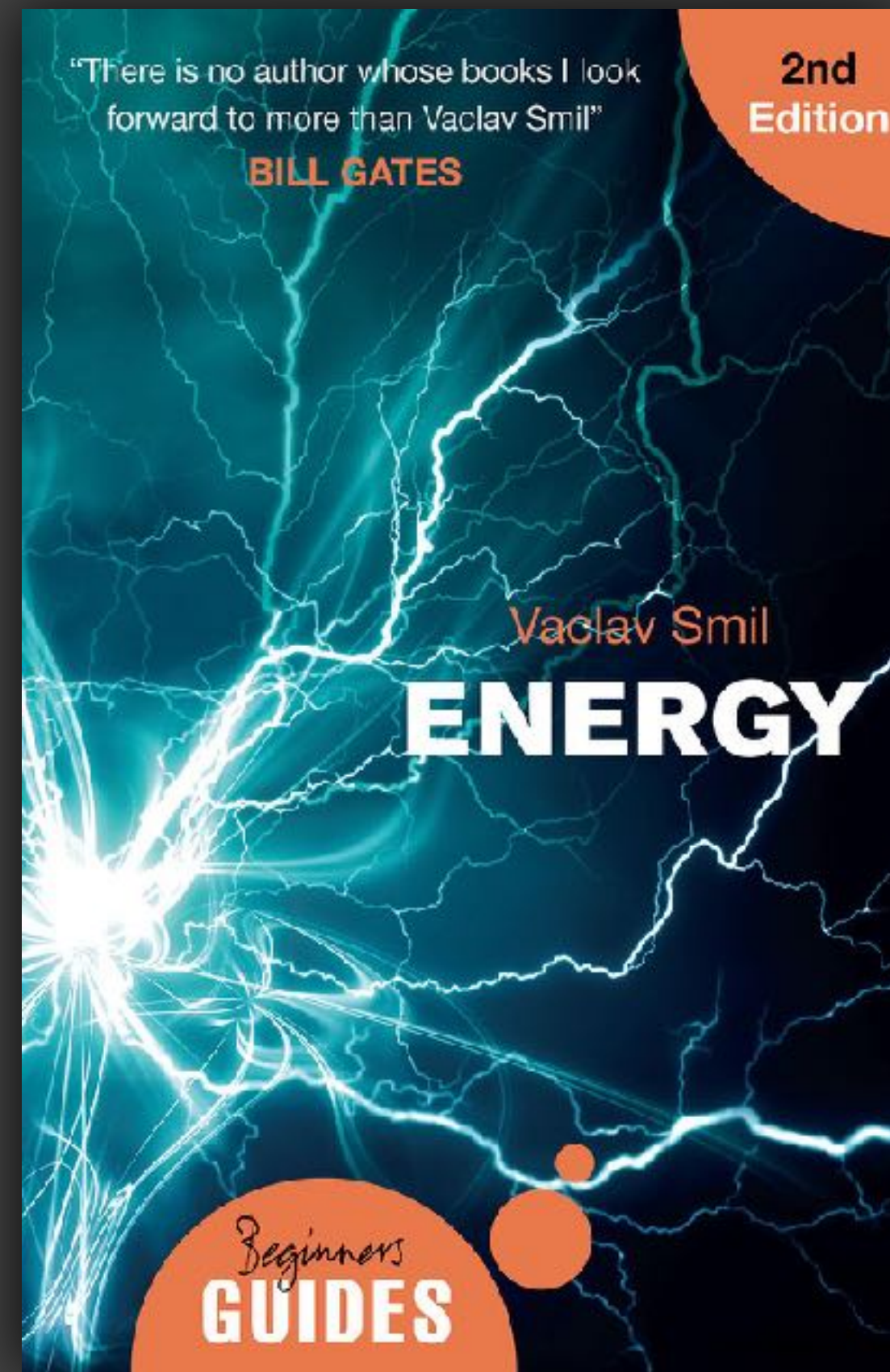
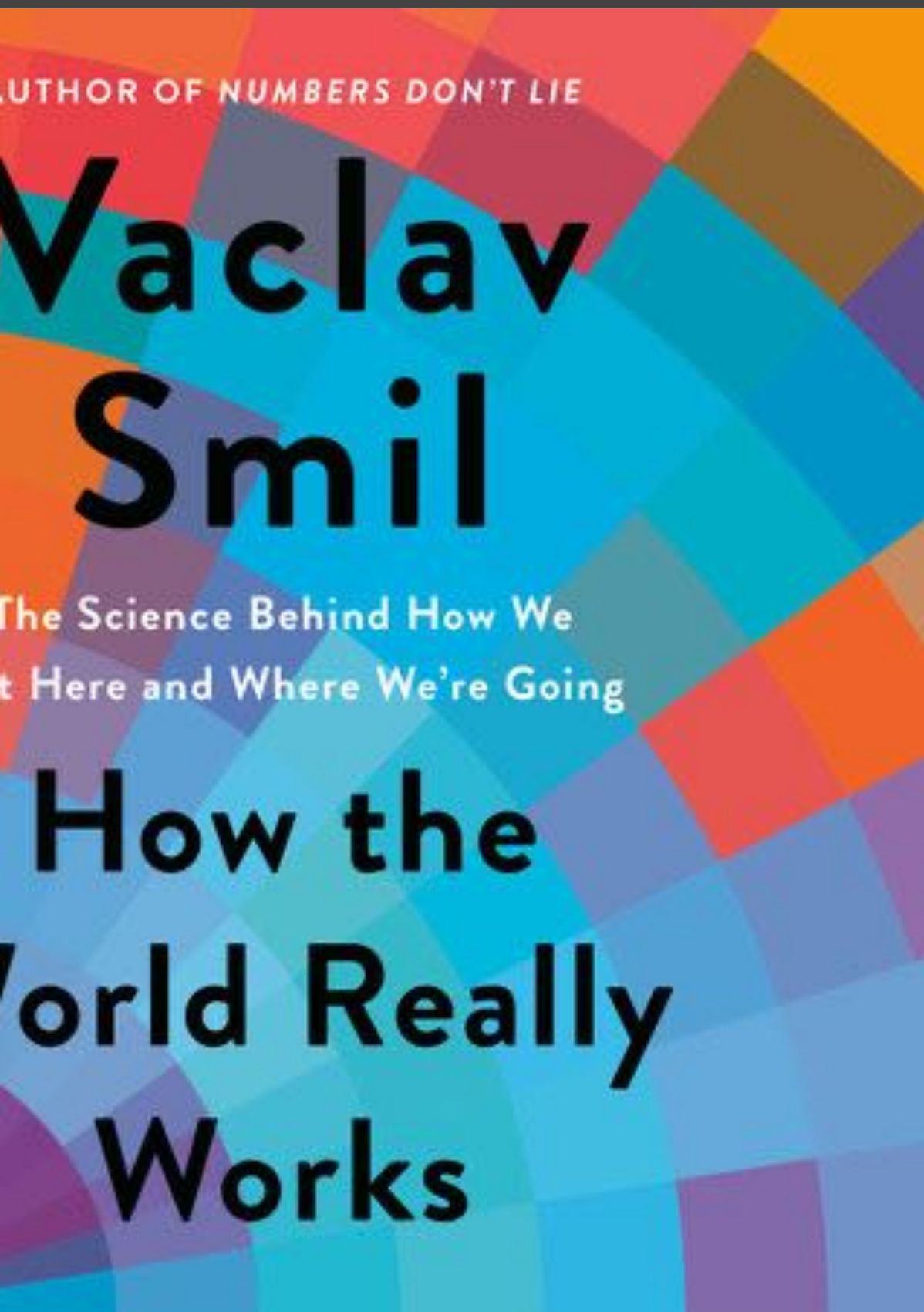
*Understanding this is necessary
but insufficient...*

180TVW



Further Resources

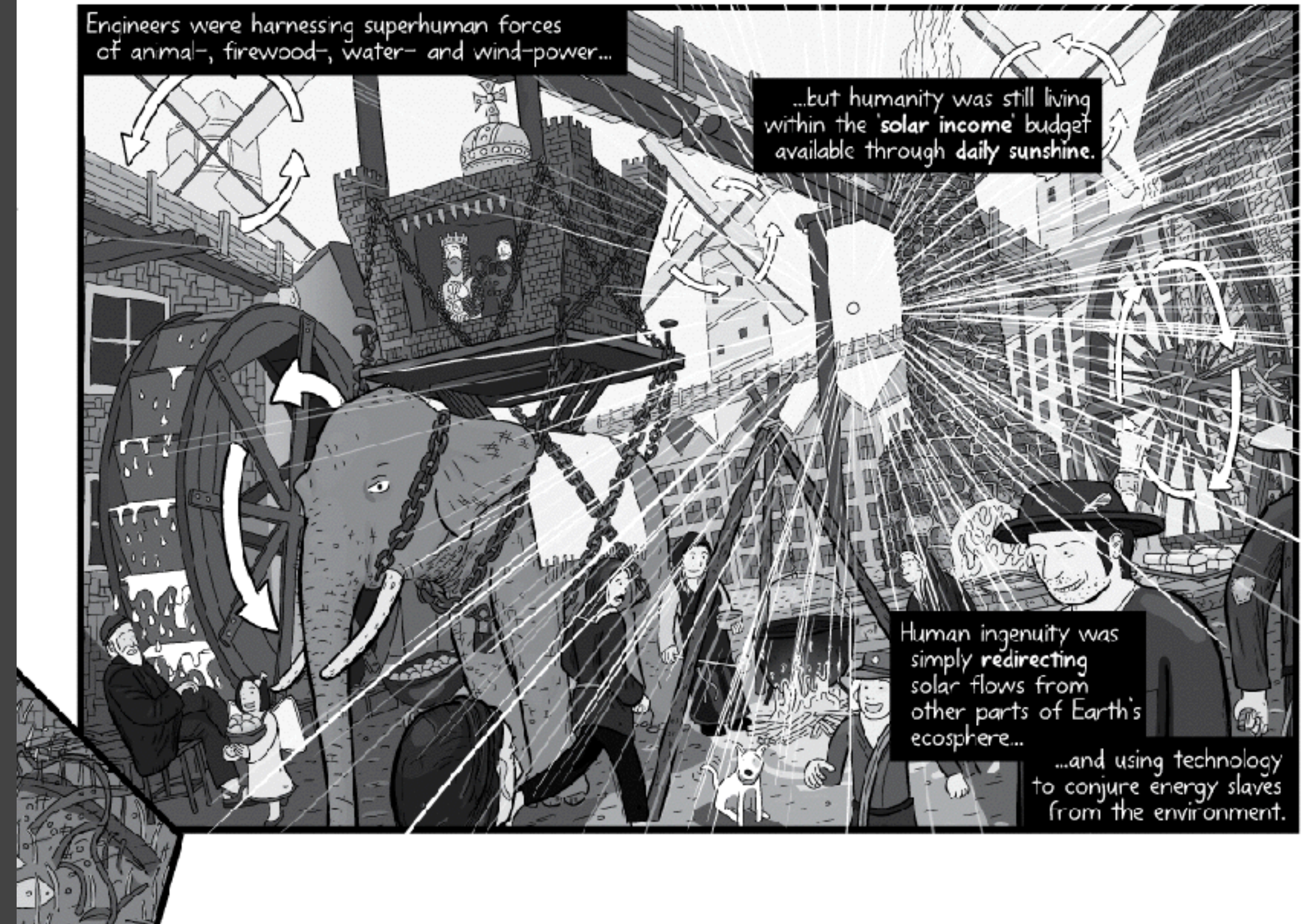
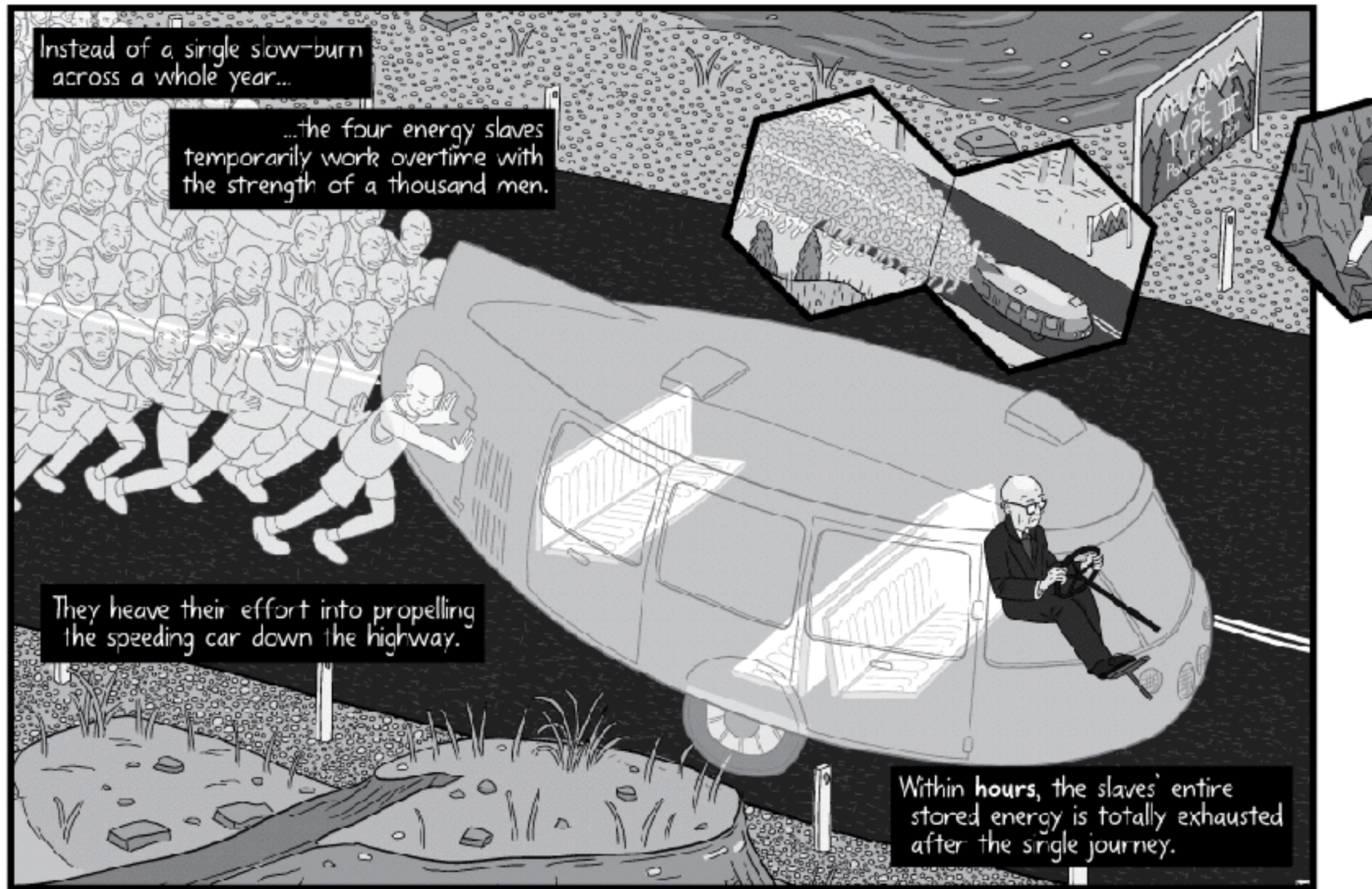
- Anything by Vaclav Smil





Further Resources

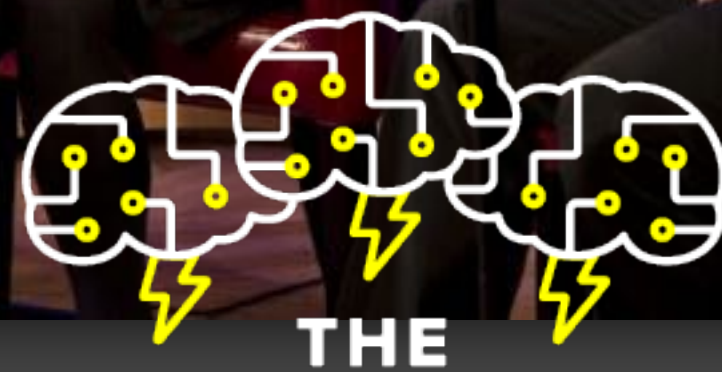
- Stuart McMillan on Buckminster Fuller





Further Resources

• Podcasts



THE

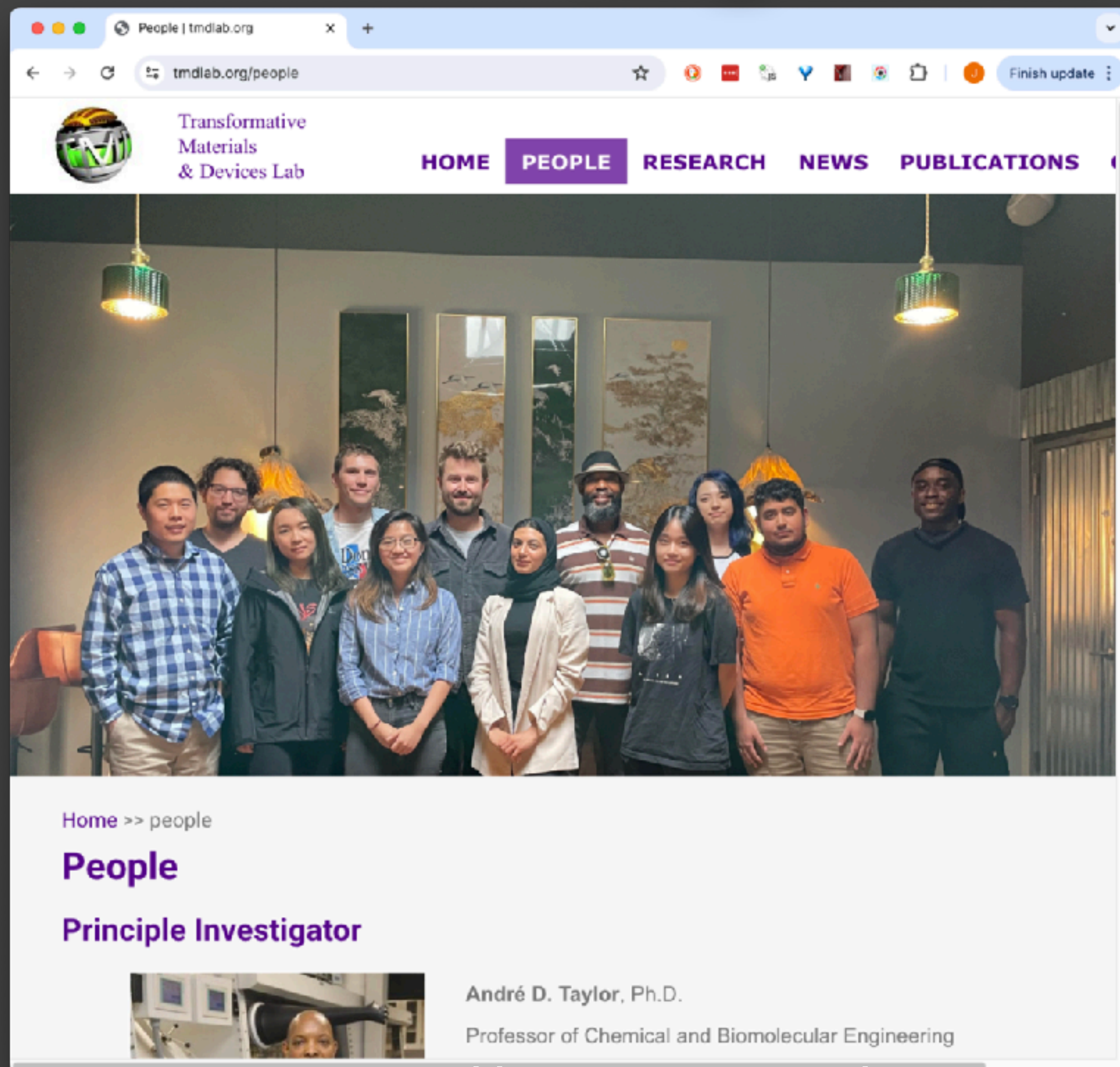
ENERGY GANG



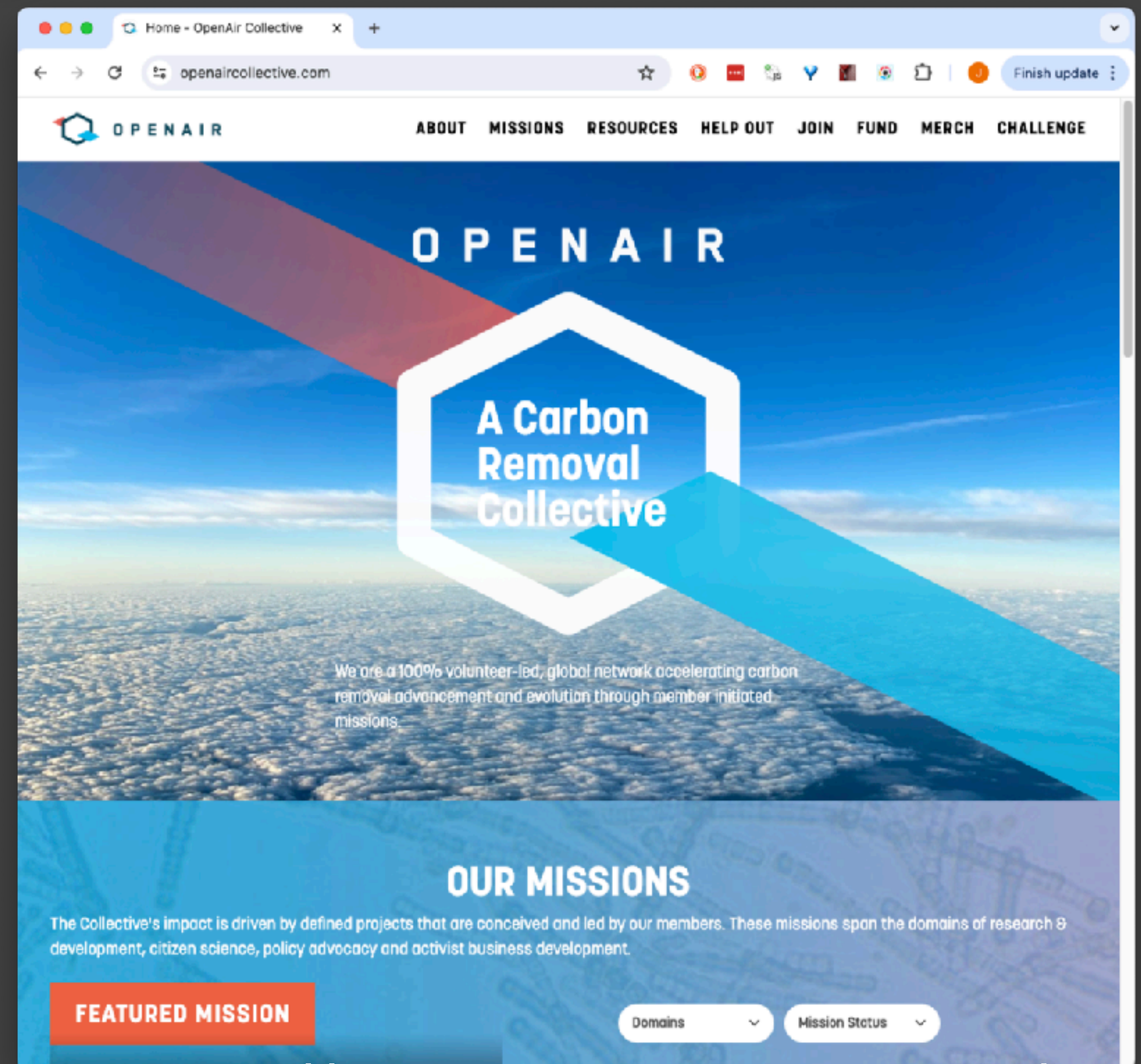


Further Resources

- Neighbors at NYU



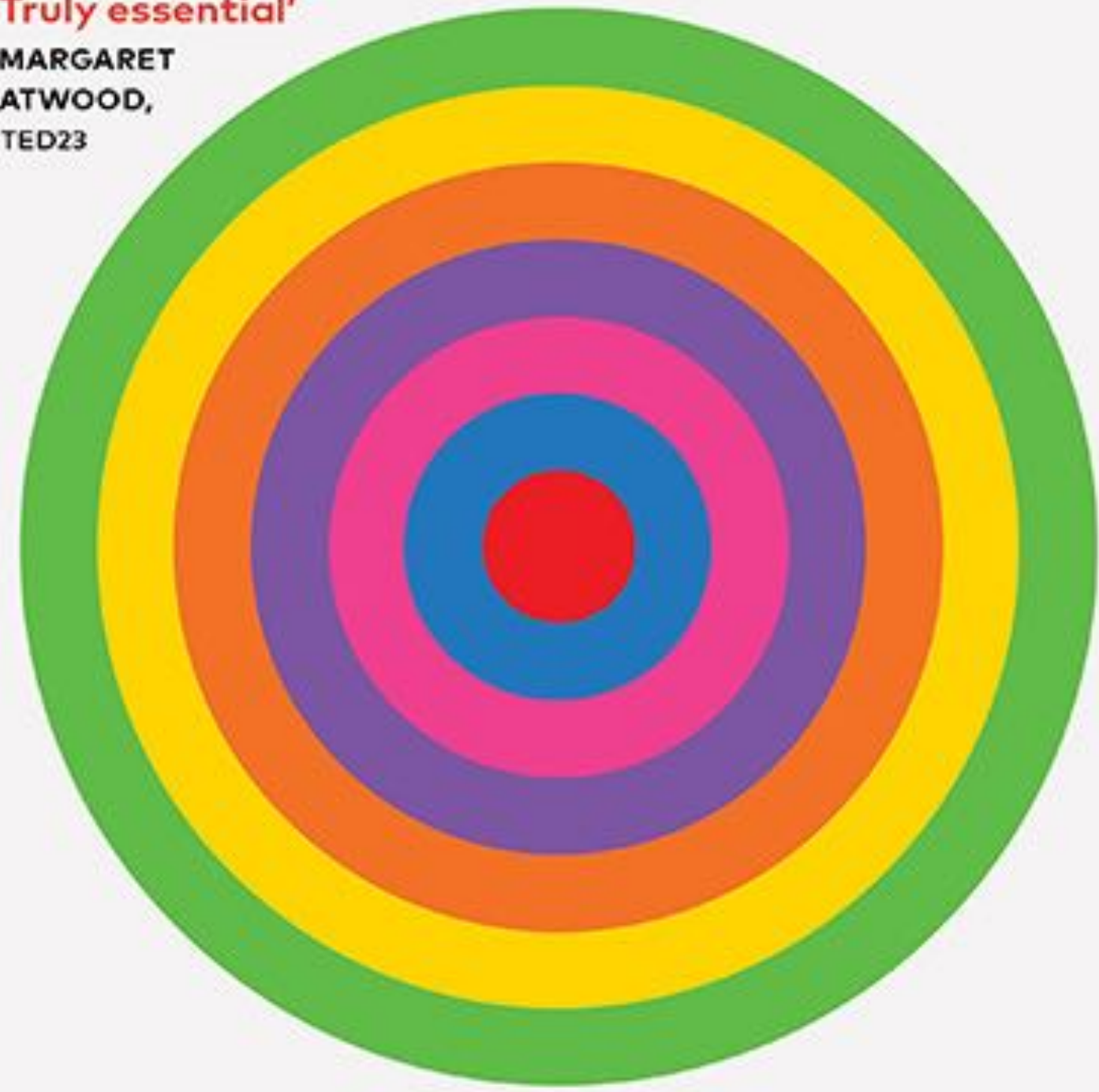
<https://tmdlab.org/>



<https://openaircollective.com/>

'Truly essential'

MARGARET
ATWOOD,
TED23



Not the End of the World

How We Can Be the
First Generation to Build
a Sustainable Planet

**HANNAH
RITCHIE**

Our World in Data

ourworldindata.org

Finish update

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OUR MISSION

What do we need to know to make the world a better place?

To make progress against the pressing problems the world faces, we need to be informed by the best research and data.

Our World in Data makes this knowledge accessible and understandable, to empower those

FEATURED WORK

ARTICLE - 10 MIN READ

Is the number of natural disasters increasing?

A deep dive into missing data and the limitations of disaster databases.

Hannah Ritchie and Pablo Rosado



THANKS!

*Kinetic workshop, next week
Solar workshop, week after that*